

## Example

# LANTUS® INSULIN ADJUSTMENT

Take one shot of Lantus® (glargine) insulin at 9pm.  
Your starting dose is 10 units of Lantus® (glargine).

Take your fasting blood sugar every day before breakfast.  
You will adjust your Lantus® (glargine) insulin to normalize  
your before breakfast fingerstick blood sugar.

If your morning fingerstick blood sugar remains greater than  
120 for 2 days in a row, increase your Lantus®  
(glargine) insulin dose by 2 units. Continue to increase  
your dose every 2 days until your morning glucose is less  
than 120.

If you experience unexplained low blood sugars (<70) at any  
time of the day, call your health care provider. **Do not**  
**increase your Lantus® (glargine).**

If 2 consecutive morning blood sugars are less than 70,  
decrease your Lantus® (glargine) insulin dose by 2 units.

## TARGET FINGERSTICK BLOOD GLUCOSE LEVELS:

	People without Diabetes	People with Diabetes: Ideal	People with Diabetes: Target
Before meals	70-115 mg/dl	80-120 mg/dl	80-140 mg/dl
Before bedtime	70-120 mg/dl	100-140 mg/dl	100-160 mg/dl
Hgb A1c	Less then 6%	Less then 6.5%	Less than 7%